

WINTER SHOOT THE ROCK YOUTH BASKETBALL INFORMATION



SIR Basketball is a recreational program affiliated with the NBA and WNBA that emphasizes skill development, sportsmanship, and FUN! Elementary age participants will practice one day a week between 3-6 pm at local school sites with games scheduled for Saturday mornings and early afternoons. Middle and High School participants will practice on weeknights with games on weekends. The season will conclude with the annual Shoot the Rock 3 on 3 Basketball Tournament. A Competitive Spring Program will be offered following the completion of the recreational league.

Clinic Date:	Sunday, December 12, 2004	Winter League Dates:	1/3 - 3/5
Clinic Time Grades 7-12:	3:00 - 5:00 PM	Winter Practice Times:	3:00-9:00 PM
Clinic Time Grades 4-6:	1:00 - 3:00 PM	Winter League Fees:	\$70 R / \$75 NR
Clinic Fees:	\$10 R/\$12 NR		(\$80 after December 17)

Shoot The Rock 3 on 3 Tournament, March 13th

Tournament on Sunday, March 13 at Rocklin High School Team Fees - \$45.00 By Monday, March 4th, \$55.00 after March 4th.



COACHES - Coaches are parents, college and high school students, or recreation staff who spend approximately 1-3 hours a week working with the players. Parents are encouraged to participate as coaches. The majority of practice times are between 3:00-9:00 pm one day a week. All coaches must complete an application form and attend a mandatory clinic on Monday, December 13th from 6:30-8:30pm at the Clark Dominguez gym, 5025 Meyers St. and a mandatory coaches meeting on Monday, January 10th at 6:30pm at the Spring View Teen Center.

TEAM SELECTION - Teams are formed by age group, grade level and by participants living in the same neighborhood or attending the same schools. Registration is accepted on a first come, first serve basis. Rocklin Recreation reserves the right to add players and/or move participants from teams if necessary. Grades that do not have enough registered participants may be joined with other grade levels and/or schools.

PRACTICES - STR Participants and coaches are to show up at their local elementary schools immediately after school on designated days shown on the chart below starting the week of January 3rd. Actual practices times and days will be determined at that time and will be scheduled between 2:30-9:00pm. Initial orientation meeting, team selection and practice for High School, Junior High and participants from non-Rocklin public schools are to meet as shown below.

SCHOOL PRACTICE DAYS-SUBJECT TO CHANGE

Cobblestone—Tuesdays	Parker Whitney—Wednesdays	Granite Oaks—Wed. Jan. 5, 7-8:30pm @ G.O.
Rocklin—Thursdays	Antelope Creek—Thursdays	Spring View—Thur. Jan. 6, 7-8:30pm @ S.V.
Twin Oaks—Fridays	Breen—Fridays	Other Schools—Thur. Jan. 6, 7-8:30pm @ S.V.
Valley View—Wednesdays	Siena—Tuesdays	High School—Mon. Jan. 3, 7-8:30pm @ G.O.
Rock Creek—Thursdays		

CLINIC - A pre-season clinic will be offered on Sunday, December 12th at Rocklin High School to allow participants to receive skill instruction through drills and mini-tournament play.

GAMES - Games are usually played on Saturdays (and occasionally Friday evenings) at local school sites. League play officially begins on January 15. No games are scheduled to be played on February 12.

EQUIPMENT/UNIFORMS - Each participant is issued a team t-shirt that must be worn during all games. Participants are required to provide their own shoes. Court shoes must be non-scutting.

SCHEDULES - Game schedules are prepared by Recreation Division staff. Games may be scheduled to begin as early as 8:00 am and as late as 9:00 pm on Saturdays. Schedules may be changed in order to accommodate unforeseen circumstances.

COMPETITIVE PROGRAM - The winter recreational program will be followed by a competitive Spring league. Team registration is encouraged. Teams must have a coach at the time of registration. No tryouts will be conducted. Teams must provide their own jerseys. Individual (Free Agent) registration will also be accepted and individuals will be placed on teams with other Free Agents. Free Agents will be assigned a coach and provided a team jersey. Games to be played on Saturday evenings.

For more information, please call Rocklin Community Services at 625-5200

Rocklin Community Services, 2650 Sunset Blvd. Rocklin, CA. 95677

RELEASE & INDEMNITY

In consideration for being permitted by the City of Rocklin to participate in the above activity(ies), I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I or my child (if participating) may have, or which hereafter accrue to me, or my child, against the city as a result of my or my child's participation in the activity(ies). This release is intended to discharge the city, its officers, officials, employees and volunteers, and any other involved public agencies from and against any and all liability arising out of or connected in any way with my or my child's participation in the activity, even though that liability may arise out of the negligence or carelessness on the part of the persons or public agencies mentioned above. I further understand that accidents and injuries can arise out of the activity(ies); knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who (through negligence or carelessness) might otherwise be liable to me, or my child (or my or my child's heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my and my child's heirs and assigns. In addition, I agree to indemnify and hold harmless city and its officers, officials, employees and volunteers from and against all claims, damages, losses and expenses including attorney fees arising out of my or my child's participation in the activity(ies) described above, caused in whole or in part by my or my child's negligent act, except where caused by the active negligence, sole negligence, or willful misconduct of the city.

I HAVE CAREFULLY READ THE ABOVE RELEASE & INDEMNITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND AGREEMENT TO INDEMNIFY THE CITY AND I SIGN IT OF MY OWN FREE WILL.

Signature of Participant (if under 18, Parent or Guardian) _____ Date _____